

Halifax metro

CANADIAN MEDAL COUNTER

2

2

9

JOHANNA SCHNELLER
The Get Down amping up like one of Flash's beats
metroLIFE



Your essential daily news | MONDAY, AUGUST 15, 2016

High 22°C/Low 15°C Cloudy



Usain Bolt of Jamaica wins the men's 100-metre final ahead of Justin Gatlin of the U.S. and Andre De Grasse of Canada at the Olympic Games. Bolt won gold with a time of 9.81, Gatlin won silver in 9.89 and De Grasse took bronze in 9.91. THE CANADIAN PRESS



DE GRASSE DE MAN

Star sprinter first Canadian male to reach the podium in Rio (Bolt didn't do so bad either)

RIO

Police search for stabbing suspect

GRAFTON STREET

Man sent to hospital after early-morning attack at club



Zane Woodford
Metro | Halifax

Police are looking for a suspect after a man was stabbed inside a downtown Halifax bar early Sunday morning.

Halifax Regional Police were called to Taboo Nightclub on Grafton Street just before 3 a.m. for an assault.

After the assault, police say the victim was escorted out of the bar by staff, and realized he'd been stabbed in the abdomen.

In an interview on Sunday afternoon, police spokesperson Staff Sgt. Bill Morris wouldn't say what the victim was stabbed with, and said police are not releasing a description of the suspect. He said police aren't sure whether the victim and the suspect know each other.

The victim was taken to the QEII hospital with non-life threatening injuries, and the



The Taboo Nightclub.

ZANE WOODFORD/METRO

hospital was put on lockdown, which has since been lifted.

Morris said police did not ask for the lockdown.

"If somebody's coming in with a stab or something like that, a lotta times they'll go into lockdown, sometimes they won't. That's their protocol," he said.

Police said on Sunday morning that it was expected the

victim would be released from hospital that day. Morris had no update on the man's condition.

Morris said he doesn't know of any repercussions for the bar after the incident, and asked whether security at bars is adequate, he would not comment.

"That's not something, from an operational standpoint, that I'm willing to comment on," he said.



Actor portrayals

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Halifax's Ellie Black reacts after competing on the balance beam during the Women's Individual All Around Final on Day 6 of the 2016 Rio Olympics last Friday.

ELSA/GETTY IMAGES

GYMNASTICS

Our sport is on the rise: Black

Ellie Black is quick to point out her Canadian team's success, rather than her own history-making achievement in Rio.

"I'm pretty proud of how our team did here," Black said Sunday from Brazil.

As a gymnastics team, the Canadian women finished ninth place overall in the qualification round, just barely missing the top eight and the chance to compete in the women's artistic finals.

"First day of qualifications, we actually did better than we did at world championships, and last Olympics, score-wise," she said.

"We just had a couple unexpected mistakes, and we missed out on the team competition, just shy of that."

Teammate Isabela Onyshko of Brandon, Man., also qualified for the individual all-around final, finishing 18th. Onyshko competes in the beam final Monday.

For Black, cracking the individual all-around final was a special first, let alone finishing fifth.

At the 2012 Olympic Summer Games in London, at just 16 years old, Black helped lead Team Canada to its best-ever finish of fifth overall, in addition to finishing eighth individually on the vault.

But she hadn't competed in the individual all-around Olympic final until Rio.

"It's really inspiring for us all to see that Canadians can be one of the top countries in the world of gymnastics and it shows how much we have grown," she said.

"It's the whole team that gets you to where need to be," Black said. "It's not just an individual thing — it's the whole team behind you." KRISTEN LIPSCOMBE/METRO



A huge thank you to everyone back at home for all their support.

Ellie Black

'Inspiring': Olympian cheers on her teammates

RIO 2016

Halifax gymnast has left her mark at Rio games



Kristen Lipscombe
Metro | Halifax

Watching women dominate this year's Canadian Olympic medal count has been "inspiring," Halifax gymnast Ellie Black said Sunday from Rio de Janeiro.

Although she didn't medal herself, the 20-year-old, two-time Olympian made history last Thursday at the 2016 Summer Games, finishing fifth in the individual all-around women's artistic competition, the highest finish ever for our country.

Since her own events in Rio have wrapped up, Black has stayed behind to cheer on her fellow Canadians in sports such as

swimming and volleyball and, of course, watched in anticipation as fellow canuck Rosie MacLennan won her second straight Olympic gold medal in women's trampoline last Friday at Rio Olympic Arena.

"That was amazing," Black recalled of watching the win in the same venue where she made her historic mark the previous day. "I had goosebumps and I was almost crying."

As of Sunday afternoon, Canada's medal haul from

the 2016 Olympic Summer Games consisted of 12 total, including two gold, two silver and eight bronze, all claimed by Canada's ladies in red and white.

"Canada has won a medal every single day at the Games so far, and all won by women," Black said.

"It's pretty inspiring for everyone here and back home ... including myself," she said, "especially for young females to see the women doing so amazingly."

She plans to take in additional events before heading home later this week, including diving and more gymnastics.

"I can't wait to cheer on the

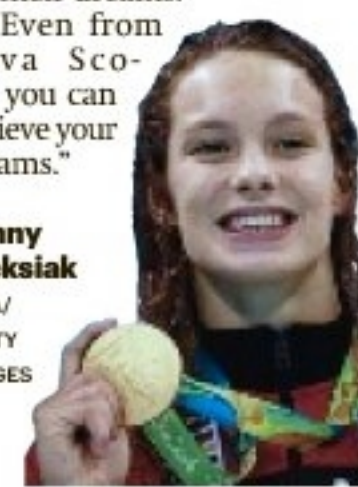
rest of Team Canada, men and women as a whole."

Black said she hopes Canadian performances in Rio will inspire "young athletes at home to go for their dreams."

"Even from Nova Scotia, you can achieve your dreams."

Penny Oleksiak

ELSA/GETTY IMAGES



EDUCATION

Low tuition best way help students' finances: Advocates



Haley Ryan
Metro | Halifax

Although a new study shows many feel unprepared to manage finances heading into university, a student advocate says there's not "any amount" of education that can tackle modern debt.

A new Capital One Canada Financial Education study says 47 per cent of Atlantic Canadians "felt unprepared" to manage

their own finances going into university, while 91 per cent said "there's not enough financial education in the school system."

Charlotte Kiddell, chairperson of the Canadian Federation of Students-Nova Scotia, said while it would be great to have more financial literacy programs in schools, there's a "big difference" between knowing financial basics and actually managing the average \$25,000 or more debt-load.

"I don't think there's any amount of education that could

prepare a student to be taking on what is essentially up to a mortgage-sized loan at the age of 18," Kiddell said in an interview.

The study also stated 61 per cent of Atlantic Canadians are "uncomfortable talking to others about their finances," and just 53 per cent talked with their parents about money growing up.

In general, the study found Atlantic Canadians don't like talking about money because they were taught it was rude (57 per cent), they don't want to flaunt

it (42 per cent), and don't want to sound stupid (34 per cent).

Kiddell said there is definitely "a taboo" around talking about debt, which is unfortunate because most university students do have to take it on and "there may be a tendency still to blame the student for that."

"We need shift that sense of shame or blame away from the individual student and look at how our students are being poorly supported by our institutions," she said.

When finances and student debt comes up, Kiddell said the conversation needs to be about needs-based grants, increased public funding, and reducing tuition fees, rather than solely creating financial literacy programs for youth or on campus.

"Education is very important, but if a university is educating students on managing their finances on one hand, while raising tuition fees on the other hand, then there's a clear conflict there," Kiddell said.

BY THE NUMBERS

58%

About 58 per cent said the best way to learn to manage money was from friends, family and professionals.

30%

About 30 per cent preferred gathering information from a financial institution.

'Sexting' boundaries put to the test in Bridgewater

LEGISLATION

Town, experts, looking for answers after charges laid

When 14-year-old Jillian speaks of her generation's widespread practice of sending naked selfies to others, she describes both its inherent dangers — and what for some is an irresistible allure.

The dark-haired girl in a ball cap, meeting with friends at a Bridgewater youth centre, says she doesn't send "nudes" herself, but adds that some girls see it as a sign of self confidence in their bodies — and a normal part of a close relationship.

When the image is passed along without permission for others to ogle, however, it crosses the line of what's acceptable and "it's difficult to trust again," she says.

"I think it's a good thing that they're bringing the cops into this," she says.

On Wednesday, six local teen-aged boys are scheduled to appear in Bridgewater youth court, in one of the country's early tests of a new law designed to combat illegal sharing of images.

Images of more than 20 teen-aged girls were circulated after allegedly being shared without consent in a Dropbox account.

Two 18-year-olds and four 15-year-olds whose identities are protected under the Youth Criminal Justice Act have been



The sign to the town of Bridgewater is shown last month. ANDREW VAUGHAN/THE CANADIAN PRESS

charged with both distributing intimate images without consent and possession and distribution of child pornography, following a year-long investigation.

Police Chief John Collyer says it's an important test of the new section 162(1) criminal code provision on intimate images, which allows prosecutions for sharing a wider range of images, including breasts, than traditional child porn laws.

That law was brought in amidst the searing memories in Nova Scotia of the death of Rehtaeh Parsons. The 17-year-old attempted suicide and was taken off life support after a digital photo of what her family says

was a sexual assault was circulated among students at her school in Cole Harbour.

"From a policing perspective, we needed some legislation," said Collyer in an interview. "Whether it's hit the right balance or not in terms of severity, and keeping in mind we're dealing with young people ... time will tell."

Since the case broke, terms like sexting and "revenge porn" have become coffee-shop topics in this commercial and industrial centre bisected by the tranquil LaHave River.

The teens at the youth centre describe harsh consequences when smart phone images circulate — and then erupt in high

school taunts and cruelty.

"People shout out opinions of how they look ... They say, 'What a slut!' ... or they start to criticize their bodies," said Bailey, a 14-year-old who asked not to have her family name used.

Michael Langille, 18, recalls how he sat outside a friend's room after images of the boy's body were passed around.

"I would hear cries," said Langille. "I would sit outside his door just waiting. He was exposed to people he didn't want to be exposed to."

Some experts view the Bridgewater case with concern, saying that solutions other than the heavy hand of the law may be

+ MAYOR

Bridgewater Mayor David Walker, a teacher for over two decades before becoming a municipal politician, says the reality is that police and schools in towns across Canada are struggling to find ways to deal with cases where teens are deemed to have crossed a line.

"I've heard arguments, 'Nail them as hard as you can,' and I've heard other arguments, 'No, you've got to work with them.' Maybe it's somewhere in between," he said during an interview.

"On the 17th (Wednesday), it becomes very, very real when this gets to court."

preferable.

McGill University education professor Shaheen Shariff studied the "digitally empowered" generation of kids in a 2013 project involving 1,088 tweens and teens in two Canadian and two U.S. cities. He estimates that over half of participants confirmed receiving or sending intimate images.

"I don't believe that the child porn law ... and Bill C-13 laws that the Harper government brought in are as effective with the kids," said Shariff. "We need to work with them, dialogue with them ... on why this kind of total disregard of the privacy of people ... is just not appropriate." THE CANADIAN PRESS

SEVEN MILE LAKE

Rain is helping to quell wildfire

Rain has helped contain the 395-hectare fire in western Nova Scotia that crews have been battling for more than a week.

The Department of Natural Resources says the fire at Seven Mile Lake in Annapolis County is 70 per cent contained as of Sunday morning, up from 50 per cent on Saturday evening.

Officials said progress was expected to continue on Sunday with a chance of showers later in the day.

The Seven Mile Lake wildfire broke out on Aug. 4 near one of Nova Scotia's natural gems, Kejimikujik National Park.

Jim Rudderham, the province's operations manager for forest protection, said the blaze is the largest the province has seen since flames tore through a forested area near the Spryfield community of Halifax in 2009, destroying 10 buildings.

The fire at Seven Mile Lake is one of 17 wildfires that have broken out across the province since last week, most of which have been extinguished or brought under control.

About 200 people from at least five provinces have contributed to the fire-fighting effort, as well as a fleet of water bombers from Newfoundland and Labrador and New Brunswick.

THE CANADIAN PRESS

IN BRIEF

Teens found hiding after man assaulted on street

Police say three youths were found hiding inside a residence after a young man was robbed and assaulted in Clayton Park on Saturday night.

Halifax Regional Police say the 20-year-old victim was walking in the area of Plateau Crescent when three male teens began to assault him around 11 p.m.

Some of the victim's personal property was also taken in the attack, with the suspects fleeing on foot to a residence on the street.

A short time later, police say they found the suspects hiding out inside a residence in the 100 block.

All three teens are now charged with robbery. The victim was treated on scene for minor injuries. METRO

VICTORIA COUNTY

Man not criminally responsible: court

A Bedford man facing multiple attempted murder charges after causing four vehicle accidents has been deemed not criminally responsible for his actions because he suffered a disease of the mind at the time of the offences.

Daniel Fraser Keays, 21, was charged with 19 offences including five counts of attempted murder after a disturbing series of events June 25 along the White Rock Road, Victoria County.

On Friday, guilty pleas were entered by the court on Keays' behalf to four counts of dangerous driving causing bodily harm, three counts of failing to stop at the scene of an accident, two counts of assaulting police officers, two counts of

+ STATUS

Keays will continue to be hospitalized at the East Coast Forensic Centre in Dartmouth where a review board will determine his future release. The board's first meeting on the Keays matter is to take place within 45 days.

assault, and a single count of dangerous driving.

The court was told that while Keays was fit to stand trial, he suffered from a severe psychosis at the time which rendered him incapable of knowing what he was doing was wrong. TC MEDIA



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Keeping her circle in stitches

VOLUNTEERISM

June Feswick helps visually impaired friends knit



Yvette d'Entremont
Metro | Halifax

Every second Tuesday for the past year, a group of women gather at the Canadian National Institute for the Blind (CNIB) office in Halifax to knit and socialize.

The knitting group designed for people who are blind or living with vision loss was started by Beaver Bank resident June Feswick about one year ago.

It is the only such group offered at a CNIB anywhere in Canada, and Feswick's involvement began a decade ago when her husband George suffered a stroke that left him visually impaired.

The couple participated in a CNIB 'adjustment to vision loss' program and enjoyed it so much they became volunteers.

"I would tell it from the other side because when your partner has vision loss, it's a whole new curve for you. You can't leave cupboard doors open, you can't leave mats on the floor, you can't leave your face cream sitting beside the toothpaste," she said.

"It's a learning curve that you don't realize and so then we got into doing family groups... We'd put goggles on you that simulate your mother's eye condition, for example, and you do it how she sees it. It's fun. Peanut butter everywhere."

Three years ago, George died. But Feswick knew she had more to do.

Before his death, while volun-



June Feswick doing what she loves at her home in Beaver Bank. JEFF HARPER/METRO

teering at the CNIB's eye clinic informing people about the adjustment to vision loss program, Feswick often heard clients say "Oh, I used to knit but I gave that up because I couldn't see."

Her husband reminded her that when she knitted, she didn't look at her fingers. She watched television or chatted with him at the same time.

He suggested she find out if the clients who no longer knitted did the same.

"In asking, the women would

say 'Oh yeah. I used to watch TV and knit all the time.' I said 'Well you can still do that because you were doing it with your fingers and your mind having finger memory of what you were doing.'" Feswick recalled.

"It's not always visual. If you drop a stitch and you're blind that's hard. And that's what we have the group for."

Many knitters work on four projects at once. If they bring one home and drop a stitch or make a mistake, they can set it

aside to bring to the next group session and work on something else.

Much of the work is one on one, so Feswick needed a stable of committed volunteers. There are about 10 volunteers and 15 knitters, many — but not all — of whom knew how to knit before joining the group.

"A lot of knitting gets done but it's also social," Feswick said. "The thing I like it the most is that nobody mentions their eyes or eye condition or that they can't see."

Tips and tricks for knitters who can't see include having a small container of 10 buttons on the left side and an empty container on the right. Feswick said every time a stitch is completed, the knitter takes one

button from the left and puts it into the container on the right. When all the buttons are gone, they know they've completed 10 stitches.

She's working with another woman to translate a pattern into braille for one client, and is taking her group next month on a much-anticipated day trip to a yarn store in Mahone Bay.

The stories that motivate Feswick are when knitters surpass their own personal goals. She was brought to tears after one lady told her she had nine crocheted squares from her grandmother but was unable to put them together. Those will now be part of a blanket for a grandchild.

Another young mother who is completely blind recently fin-

+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes

ished a pair of socks, something Feswick said is one of the most difficult things to knit.

"I think if you've got someone to encourage you and not make it too difficult at first, that makes all the difference. We started off with squares. You knit a square any size you want, complete it and be done. We work up," she said.

"When somebody does something special or when somebody finishes a square or another lady did a scarf, it just makes your heart so warm and you just think, 'Wow. I helped her do that.' And she probably would not have done it on her own."

Feswick's dream is to see 20 to 30 women regularly participating in the knitting group. She also wants to see the program go across the country.

One of the other reasons I do this is to honour my husband. He would be very proud of what this is doing, and I think it gives me more than I give them," Feswick said.

"Other than if I'm dead, I'm going to be there with that group."



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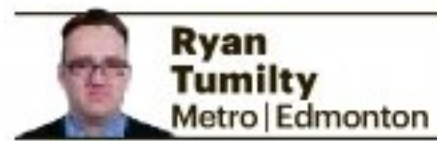
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Muslim tour to bust barriers



Ryan Tumilty
Metro | Edmonton

The first thing Omer Ahmed wants his fellow Canadians to know as he travels across the country is how thankful he is.

The second thing he wants them to know is that not everything they hear about Islam is accurate.

Ahmed is part of the Ahmadiyya Muslim Community and is touring the country as part of a goodwill tour, called Mobile Muslims, marking the 50 years the community has been in Canada.

Visiting communities all over

the country was their way of thanking Canada for taking in the first members of the community 50 years ago as refugees from Pakistan and giving them the freedom to practice their religion.

"We wanted to go coast to coast thanking Canada, meeting as many people as possible," he said in front of the group's trailer.

With a near constant barrage of bad news stories linking Islam with terrorism and violence, Ahmed said they also wanted to clear up some of the misconceptions about his faith.

Ahmed said his community emphasizes non-violence and believes Daesh and other ter-

rorist groups are ignoring the teaching of Islam for their own murderous ends.

The group travelled through Eastern Canada beginning in St. John's and travelling through to Toronto, before heading out on a Western Canadian trip that has taken them through Northern Ontario, Manitoba, Saskatchewan and now Alberta over the last 14 days.

Dr. Mohyuddin Mirza, with the local Ahmadiyya community, said the tour helps break down misconceptions and sets up a mutual level of respect.

"If the misunderstandings are removed than it can be the start of a good relationship."

Feds prepare for U.S. election

The Canadian government has begun a wide-ranging exercise to plan for the potential effects of the American election, including the possibility of a President Donald Trump threatening to scrap the North American Free Trade Agreement.

The government is mapping out a complex array of outcomes for various results including a Democratic presidency; a Republican presidency; and either

a Congress where both parties split power, or one dominates.

The process involves the embassy in Washington, Canada's consulates in the U.S., numerous federal departments, and it is being centrally co-ordinated by the ministers on the cabinet committee for Canada-U.S. relations.

"If I tried to show you an organizational chart it would take up an entire wall," Canada's ambassador to the U.S.,

David MacNaughton, said during an interview in his office overlooking Capitol Hill.

Some issues will be deeply affected — the ones where U.S. parties disagree. Climate change is an obvious example.

"We have to be well-prepared for any eventuality," MacNaughton said. "And we have to be realistic about what the opportunities are and what the problems are going to be." THE CANADIAN PRESS



Iraqi refugees from Mosul arrive at a refugee camp outside Irbil, north of Baghdad, in 2014. Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to a study. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Iraqi refugees have fared worse: Study

IMMIGRATION

Lessons from Iraqi experience being applied to Syrian program

Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to a government case study into the Iraqi resettlement program.

The 19,427 Iraqis who arrived between 2009 and 2014 faced numerous barriers, including the trauma of the war, greater medical needs and a lack of English and French compared to others, the study found.

The data offer insight into what lies ahead for the nearly 30,000 Syrian refugees who have arrived since November, because

the demographics of the two groups share some similarities, researchers say.

But the study also reveals that the groups settling Syrians last fall and earlier this year reported many of the same challenges that had already been encountered during the Iraqi experience.

The surge of Iraqi arrivals strained resources, while the complexity of the cases made it hard to provide the right support, researchers were told.

Refugees also received little information about what to expect when they arrived and struggled to find affordable housing on income supports that didn't cover the high cost of living in urban centres, the study found.

The Immigration Department said it applied some lessons from the Iraqi experience to the Syrian program. Those lessons included improving communication with

sponsorship groups, expanding the number of cities receiving government-assisted refugees and the use of international agencies to help in resettlement.

A more material change for the refugees, however, was an increase in the maximum amount of income support a family is eligible to receive — \$50,000 as of May, up from \$25,000.

Syrians also arrived in a different context: there was more public attention, including groups actively stepping up and offering jobs, language classes and even private-sector support to help cover housing costs.

And though Iraqis were older and better educated than Syrians, they were also arriving just as the global economy began melting down, said Jennifer Hyndman, director of the Centre for Refugee Studies at York University.

THE CANADIAN PRESS

BY THE NUMBERS IRAQI REFUGEES

19,427	8,340	10
Number of Iraqi refugees resettled in Canada between 2009 and 2014	Number of those who were government assisted.	Percentage of those with a university degree

BY THE NUMBERS SYRIAN REFUGEES

29,713	16,129	2
Number of Syrian refugees resettled in Canada since Nov. 4, 2015	Number of those who are government assisted.	Percentage of government assisted refugees had a university degree

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Students have fun with the sled while strength training with Pokémon Go during Ampfit's Sweaty Saturdays. WANYEE LI/METRO

Pokémon Go part of exercise routine

HEALTH

If you can't beat 'em, join 'em, says one B.C. trainer



Wanyee Li
Metro | Vancouver

Convincing people to work out can be a difficult task, especially when they are busy playing Pokémon Go on their phones.

But one B.C. trainer is taking a if-you-can't-beat-them-join-them approach and incorporating Pokémon Go with strength training classes.

"Over 60 per cent of the students play," said Owen Chau, owner of AMPfit, a strength training gym in Richmond.

"It just felt natural to do a class where they can focus on doing a little bit of exercise that isn't just walking while having fun with the game as well."

Every Saturday afternoon, Chau's students arrive at the

gym, strap on their phones, open the Pokémon Go app, and start working out.

Pokémon Go trainers must walk a certain distance to hatch eggs in the game, which eventually turn into Pokémon, explained Chau.

By incorporating the game with weight training exercises, students can increase their fitness and hatch Pokémon at the same time.

The class, called 'Sweaty Saturdays,' is optional for students — it's a time when they are

in one single class, but it's a motivator nonetheless, he said.

Sweaty Saturdays is reserved for people who are already in the full-week AMPfit program, but people who want to try weight training à la Pokémon Go can sign up for private or group sessions.

"Aside from hatching Pokémon eggs or helping people play their game, the main focus is helping people move better and gain confidence," he said.

"Many see what we do as

Many see what we do as scary and intimidating, but what we actually do is just teach them how to believe in themselves. Owen Chau

encouraged to challenge themselves a little more, said Chau, who was a national wushu martial artist before opening AMPfit three years ago.

The students use kettle weights and barbells to weight train and are usually not able to finish the three or five kilometres required to hatch an egg

scary and intimidating, but what we actually do is just teach them how to believe in themselves."

But the strength trainer is not ready to become a Pokémon trainer just yet.

"I'm really close to possibly downloading it — but I'm staying away."

EQUALITY

Prime minister takes part in Montreal Pride parade

Taking part in his third Pride parade as prime minister on Sunday, Justin Trudeau said the world looks to Canada for leadership in the fight for universal recognition of the human rights of gay, bisexual and transgender people.

Just like in the Toronto and Vancouver parades, Trudeau became the first sitting prime minister to walk in Montreal's pride march and was welcomed warmly by the thousands of people who came out for the festivities.

In his remarks before the march Trudeau said it's still important for politicians to take part in pride parades because "there is still a lot of work to do."

The governing Liberals recently introduced transgender rights legislation. The Globe and Mail reported last week the government will soon offer a formal apology on behalf of the country to people in the LGBTQ community for past state-sponsored discrimination.

"We know people look to Canada to see the example," he said in French. "And we will continue to work hard to push the limits of what other countries do because we have to send the message that LGBTQ rights are human rights."

U.S. actress and TV host Raven-



Prime Minister Justin Trudeau waves the rainbow flag as he attends the annual Pride parade in Montreal, on Sunday.

GRAHAM HUGHES/ THE CANADIAN PRESS

Symone, who is an honorary co-president of this year's parade, told reporters before the march that gay people are more than their sexuality or gender. They are educators, doctors, politicians and family, she said.

"Others try to describe our community in just two things: sex and gender," she said. "And sadly, because of their lack of understanding, what happens in our bedroom and in our pants cast shadows on who we are as people."

Alongside Trudeau were many provincial and municipal politicians including Premier Philippe

Couillard and Montreal Mayor Denis Coderre.

NDP Leader Tom Mulcair, whose riding is located not too far away from the parade route, said reports that Trudeau will formally apologize to the gay community is an "excellent opportunity to remove the prejudice that is on the books today."

"When you're apologizing you have to remember what you're apologizing for," Mulcair said, referring to the fact that men who have sex with men face more restrictions on giving blood than do other Canadians.

THE CANADIAN PRESS

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WEATHER STORM BREAKS HAVOC ON LOUISIANA This image shows flooded areas in Denham Springs, La., on Saturday. Louisiana Gov. John Bel Edwards says more than 7,000 people in south Louisiana have been rescued from homes, vehicles and even clinging to trees as a slow-moving storm hammers the state with flooding. THE ADVOCATE VIA THE ASSOCIATED PRESS

Muslims fearful after imam death

NEW YORK

Friends say shooting of mosque leader a 'hate crime'

The daylight slaying of a mosque leader and his associate set off fear and anguish Sunday among Bangladeshi Muslims in a New York City neighbourhood, with some saying the killings appear to be an anti-Muslim hate crime. But police said there is no evidence so far to support that.

Police hunted for the gunman who killed Imam Maulama Akonjee, 55, and Thara Uddin, 64, near the Al-Furqan Jame Masjid mosque in Queens as they left afternoon prayers Saturday in their traditional religious attire. Both men were shot in the head.

"This was a hate crime. One hundred per cent, there's no doubt about it," said Monir Chowdhury, who worshipped daily with the two men.

He said he had moved to the community because of its large Bangladeshi immigrant population, but in recent months

has been harassed by people shouting anti-Muslim epithets. In one incident, a man called him "Osama" as he walked to the mosque with his three-year-old son. With the killer still on the loose, Chowdhury decided it would be best to drive to prayer services.

Police released a sketch early Sunday of a dark-haired, bearded man wearing glasses. Police said witnesses described the shooter as a man with a medium complexion.

Investigators said they have not established a motive in the attack. On Saturday, Deputy Insp. Henry Sautner said there was "nothing in the preliminary investigation to indicate that they were targeted because of their faith." Akonjee was carrying about \$1,000 in cash that was not taken during the shooting, police said.

On Sunday, neighbours in the Ozone Park section were skeptical of what police had found so far.

Chowdhury said he has felt the mood in the neighbourhood change drastically in the last few months and accused Republican presidential nominee Donald Trump of spreading

anti-Muslim rhetoric.

Trump's campaign said in a statement that it was "highly irresponsible" to blame a political candidate for the violent attacks.

Mashuk Uddin just couldn't believe it was true, shaking as he heard the news that his brother, Thara, a devout Muslim, had been gunned down.

Naima Akonjee, 28, one of the imam's seven children, said her father was a caring man who would call her just to check up on whether she had eaten properly.

Police said they were reviewing surveillance video showing the victims being approached from behind by a man in a dark polo shirt and shorts who shot them and then fled south on 79th Street with the gun still in his hand.

THE ASSOCIATED PRESS



Maulama Akonjee
THE ASSOCIATED PRESS

PAWTUCKET, RHODE ISLAND

'Sick of Scandals' ticket on ballot

A candidate trying to unseat the incumbent mayor of Rhode Island's fourth-biggest city isn't a Democrat or Republican.

John Arcaro declares himself a member of the "Sick of Scandals" movement, and state election officials are allowing him to include the phrase on the ballot next to his name.

Arcaro said he came up with the idea to get corruption-weary Pawtucket residents behind his candidacy.

He also believes the phrase has universal appeal, not just in a small state with a history of cronyism.

"We obviously have a very notorious reputation," Arcaro said. "But the opportunity's pretty much everywhere, or the conditions to be corrupt and so forth."

Arcaro said he was partly inspired by New York's Rent is Too Damn High Party, whose founder attracted wide atten-

tion for his populist campaigns for governor and other offices.

Independent candidates who don't belong to a registered party in Rhode Island can declare a political principle on their candidacy forms. It's included on the ballot if it's no more than three words and doesn't mention any of the state's official parties: Democratic, Republican and Moderate.

THE ASSOCIATED PRESS

MILWAUKEE

Officer that shot man also black, say police

The black man whose killing by police touched off rioting in Milwaukee was shot by a black officer after turning toward him with a gun in his hand, the police chief said Sunday, as Wisconsin's governor put the National Guard on standby against any further violence.

Police Chief Edward Flynn cautioned that the shooting was still under investigation and authorities were awaiting autopsy results, but that

based on the silent video from the unidentified officer's body camera, he "certainly appeared to be within lawful bounds."

Mayor Tom Barrett said the footage clearly showed the gun in 23-year-old Sylville K. Smith's hand as he fled a traffic stop Saturday.

"I want our community to know that," Barrett said. But he also called for understanding for Smith's family.

THE ASSOCIATED PRESS

NIGERIA

Some Chibok girls killed in airstrikes: Boko Haram

Some of the abducted Chibok schoolgirls have been killed by Nigerian military airstrikes, according to a new video from Boko Haram.

The video shows one victim pleading for authorities to bow to the extremists' demands that they release detained militants in return for the girls. It's not clear how many schoolgirls have died.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION
A bank teller in her 20s called me "Honey," Sweetie," and "Cutie" in the course of a single interaction. I'm in my 50s. I think this is disrespectful. What do you think?

Can I offer you
 some prune juice
 my cutie patootie?



© Ani Castillo

Dear Ellen,

I was at a TD bank recently, where a woman in her mid- to late-20s was my teller. I am in my 50s. She called me "Honey" ("What denominations do you want, Honey") and then "Sweetie" ("Anything else, Sweetie?") and then said, "Thanks, Cutie." I said nothing. But, oh, how I thought about saying a lot. She was incredibly nice, and clearly good at her job. She (or someone there) must believe this is good customer relations. It's not.

Thoughts?
 Insulted

Dear Insulted,

The TD teller is not the only culprit. Despite the fact that many of us Boomers still dress like teenagers, carefully colour our hair, and assiduously remedy (to varying degrees) any signs of aging on face or body, young'uns worldwide still seem to perceive us as "elderly" — and patronize the hell out of us.

The irony is annoyingly obvious. The generation that grew up on a mantra of "Don't trust anyone over 30" is now being treated as if WE are over 30!

Admittedly, when I was young, I viewed people older than myself as invisible, irrelevant, uninteresting and unimportant. So you might say I'm getting my just deserts.

The generation that grew up on a mantra of 'Don't trust anyone over 30' is now being treated as if WE are over 30!

As a Boomer, however, I reserve the right to instruct every succeeding generation on how to think and act. As my own dear mother, God rest her soul, used to say: Do as I say, not as I do. (Naturally, I dismissed most of her wisdom while she was alive. But it's surprising how much of it I remember and use now.)

So, dear Insulted, I completely agree that you are right to feel offended at being called "Honey," "Sweetie," and "Cutie." I myself tend to get called "Dear" and am now wondering why I never get called "Cutie." But I digress. My point is that it's wrong,

disrespectful and rude to address anyone older than yourself as if they were a child, or in any way incapacitated.

This obviously applies to young-looking, vibrant, age-defying Boomers such as me and (presumably) you. But it also applies even if the person you are addressing is a senile, drooling centenarian in diapers. Yes, you are allowed to yell if they can't hear, spoonfeed them if they can't eat properly, dress them, lead them or carry them as necessary. You may also speak more slowly and clearly than you usually do, talk of childish things, and patiently repeat

answers to inane questions ad nauseum.

But your mode of address must at all times remain properly courteous. Use their name, as you would with any contemporary. Banish all those condescending epithets from your vocabulary forever more. Speak to us old folks as equals, please, allowing us to retain whatever dignity we can in our declining years.

And hope to hell the next generation treats you with equal respect.

Need advice?
Email Ellen:
 scene@metronews.ca

ROSEMARY WESTWOOD

If a change of heart is genuine, does it matter how or why it happened?

What does it take to change a mind?

Also: what should it take?

In Ontario, the arrival of a new sexual education curriculum last year revealed a minority and predominantly religious population staunchly opposed to aspects such as teaching diverse sexual identities, or really much about sex at all. Among them, Catholics.

And among Catholics, Angela Kennedy. But the chair of the Toronto Catholic School Board did an about-face on the issue this summer. After learning her son had been sexually abused as a boy, after he said a dispassionate and basic grounding in sex ed may have helped him recognize the abuse as such, after facing pressure from her other six boys and taking another look at the curriculum, Kennedy changed her mind.

The media widely reported her story, and some criticized her for needing a personal experience to "see the light," as it were. Then there's the question of Catholic backlash.

In an interview for my Nth Wave podcast, Kennedy described a fallout far more nuanced and surprising than one might expect. Instead of an onslaught of Catholic outrage, she's been receiving an outpouring of gratitude.

"There have been some negative comments, but it feels like 10 per cent are negative," she told me. So some Catholics were yearning for someone like them to support

the curriculum? I asked.

"They were!" she said. "The principals at the schools are saying thank you, thank you, now we're OK to talk about this with our parents."

It's a sentiment that surprised her — how could her change be so freeing for others? But it has been, a fact that polling might help explain. A Forum Research poll conducted around the time of Kennedy's reversal found that 61 per cent of Catholics supported the curriculum.

Of those opposed, some have called for Kennedy's resignation. Others have taken one-on-one meetings with her in attempts to change her mind, again. She tells them the same thing: "You should talk to parents, tell them to embrace the curriculum, and suggest that they stay close to their children and teach them the values that they want them to have." (Not a uniformly well-received response.)

Kennedy remains shocked at how silent the curriculum's supporters had been until she changed her mind. It makes her wish she'd done it sooner. But it wasn't easy: months in the making, under pressure from those she loved, in the face of political risk.

We may not like what it takes to change some minds. But among many of Toronto's Catholics, it appears to be well worth it.

Hear Rosie's talk with Angela Kennedy on 'Nth Wave':
metronews.ca/podcasts

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Flesh out the facts about meat

DIET

There's a new health enemy No. 1, but is it really that bad?

Sugar, salt, saturated fat. They've all had their turn in the spotlight, with studies and media reports vilifying each one for chipping away at your lifespan or increasing your risk of one disease or another.

But the latest headlines point the finger at a different health enemy: Meat.

"Eating more animal protein increases risk of death, plant protein reduces it," warned a CBC story in August, following the highly publicized release of a large U.S. study. "Meat in Modern Diet,

Just as Bad as Sugar, Correlates with Worldwide Obesity," reads the headline of a research paper published earlier this summer. And last year, the World Health Organization's cancer agency classified processed meat like ballpark hotdogs and greasy bacon as a cancer-causing carcinogen, while declaring red meat such as beef, veal, pork, lamb and mutton as a probable carcinogen to humans.

"People want to blame something for their s---y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates. That's just human nature," says Abby Langer, a Toronto-based registered dietitian.

There is, it seems, a war on meat — but the reality is more nuanced than the headlines.

People want to blame something for their s---y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates.

Abby Langer, a registered dietitian



Much ado about meat

Criticism of a meat-based diet often focuses on environmental and ethical arguments, with food researchers and vegans alike highlighting everything from unnecessary cruelty to animals to the dire environmental impact of meat production.

In recent years, however, the dialogue has shifted, focusing more narrowly on the personal health impacts of our steak-craving, burger-guzzling Western culture.

As Hillary Clinton trotted along the campaign trail ear-

lier this year, her husband was doing the same — lauding not only his wife's presidential ambitions, but also something else close to Bill's heart: His nearly meat-free diet. Adopting a mostly vegan lifestyle amid his ongoing heart troubles "changed my life," the former president told the media at a campaign pit-stop in Las Vegas in February.

He's a politician, not a doctor, but Clinton's view does line up with a growing body of evidence highlighting the risks of eating meat.

In Canada, a diet high in processed meat is 7th on a ranking of the top dietary risks for death, while a diet high in red meat is 14th, according to a 2015 report from the Canadian Medical Association.

Though the news seems dire for meat-lovers, other food experts paint a more complicated picture of meat's risks and benefits than headlines or statistics can convey.

The nuanced reality

Meat isn't "deadly," says Dr. Tom Wolever, a professor of nutritional sciences at the University of Toronto and medical staff member at St. Michael's Hospital. The bigger problem, he says, is portion sizes.

"Usually, you go to restaurants, and it's a huge portion of meat and one slice of carrot and not much else," Wolever

says. "The portions need to be readjusted."

You can have a healthy diet and still eat meat in moderation, echoes Laura Rosella, a Canada Research Chair in population health analytics and an assistant professor at the University of Toronto's Dalla Lana School of Public Health.

"I think meat's being vilified a little bit, and the messaging isn't as nuanced as it should be," she says, adding the backlash began about five years ago.

Despite the furor, meat's nutritional benefits can't be ignored.

It's a valuable source of protein, vitamins A and B1, B12, niacin, iron, and zinc, notes Switzerland's 2015 review. It can also satiate hunger more so than other foods, Rosella says.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

From wackness to life and destiny

THE SHOW: *The Get Down*, Season 1, Episode 2 (Netflix)

THE MOMENT: The turntable lesson

In a secret apartment in a burned-out building in late-1970s Bronx, godlike DJ Grandmaster Flash (Mamoudou Athie) teaches his acolyte Shaolin Fantastic (Shameik Moore) to work a dual turntable.

"Now listen," Flash says, playing a dull stretch of song. "That is a void of useless nothing, the wackness. But —" he spins the record to a melodic

hook, the get-down — "that is life and destiny."

Defly, he spins one get-down while lining up the same spot on a second, identical disc, creating an endless, ecstatic loop of beat. Then he turns the volume down and lets both platters play while he slowly circles the room.

"You must be like Bruce Lee, never in disarray," he says. "Arrive, depart, the same every time." He flips the volume back on. The record is exactly on the get-down.

"How did you do that?" Shaolin cries.

"Because I know time," Flash purrs.

The first hour of this series, from acclaimed director Baz Luhrmann, is pretty disjointed. But stick with it, and you will spend the next several hours with a grin plastered to your face. Once he's established his milieu, the party begins — he soars from realism to magic realism, and keeps rising, like one of Flash's beats.

Luhrmann throws every-

thing at the screen and doesn't care what sticks where: Kung Fu, disco, Star Wars, graffiti, audio cassettes, corrupt politicians, crooked developers, West Side Story, Arthurian legend, and a street gang straight out of Walter Hill's 1979 classic *The Warriors*. The result? Joy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Baz Luhrmann's *The Get Down* soars from realism to magic realism, and keeps rising, like DJ Grandmaster Flash's beats, writes Johanna Schneller. CONTRIBUTED

Be thrifty, not cheap

ADVICE

There's no shame in being smart with your money

Gail Vaz-Oxlade
For Metro Canada



I have known some cheap people. They are the folks who show up at a party with two bottles of beer and then drink a dozen. They are the ones who leave the tax and tipping to every one else at the table.

They're the friends who forget their wallets, offer to pick up the next one, cry poor at every turn but are happy to have you foot the bill.

Hey, nobody likes a tightwad, which is why jokes about being cheap make us laugh. Ever hear the one about being tighter than paper on the wall? How about the one about squeezing a nickel 'til the beaver poops!

Thrifty is a whole 'nother matter. Articles abound about how to be thrifty with your shopping, cooking, entertaining, gardening, and gift-giving. And our focus on doing good for the environment (recycling, using reusable shopping bags, conserving energy) not only assuages our guilt, it's thrifty.

Benjamin Franklin was an apostle of thrift. He's famous for it and has left behind pithy little sayings like, "waste neither time nor money, but make the best use of both."

Your grandparents may not be famous, but they knew how to be thrifty too.

With lots of kids, far fewer financial resources, and NO CREDIT, they had to find ways to make do. They actually did better than make do; they had good lives. Did you know that the root of the word "thrift" is "thrive?"



'I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.'

Gail Vaz-Oxlade

If you've been erroneously associating thrift with being cheap, perhaps it's time to reorient your thinking.

It isn't about being stingy. It's about building prosperity through careful management of resources.

It isn't about being miserly. It's about embracing a way of life that lets ordinary people have a good life while they save and share.

Happily people seem to be shrugging off the "cheap" label and enjoying the idea of thrift. With the scare of an economy that's tilted precariously, folks have decided to embrace their thrift and take better care of their pennies.

I'll willingly admit to being

thrifty.

The way I do this (mostly) is by not spending money on crap I don't need. If I need a lipstick, I buy a lipstick. I don't have 30 lipsticks sitting in purses and drawers.

If I want a new pair of shoes, I buy a new pair of shoes, but it's usually because I'm getting rid of a pair that's worn out, not because I'm adding to my "collection."

I hate throwing out food. I despise feeling like I've wasted my money on something because I didn't think about the purchase carefully. So I don't make myself feel bad. I do the thrifty thing and stay on the right side of my demons.

I won't drive around to find

cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.

There are some things on which I spend a lot of money: books, plants for my garden, my pooch, Tabitha.

But that's money I have and I spend it liberally on purpose, not because I'm trying to impress or show off.

Being thrifty with your money is smart. Wasting it is dumb.

You get to decide which label you prefer.

For more money advice, visit Gail's website at gailvazoxlade.com

WORK SOLUTIONS

Teachers head north to help communities



Kyle Hill, executive director at Teach for Canada, speaks at the organization's three-week training program in Thunder Bay. CONTRIBUTED

Lyn Blackburne knew the Teach for Canada program was making a difference in her northern community when the kids suddenly stopped whining about going to class.

"It turned around from 'I don't want to come to school' to 'I can't wait until Monday, I want to go back to school.' They're disappointed that the weekend is there. They're really motivated," said Blackburne, principal at Big Grassy River First Nation's local school, in northwestern Ontario, near the Manitoba border.

"I took that chance and started to work with them and it was the best decision ever," she said.

Teach for Canada is a Toronto-based non-profit organization that works with First Nations communities to recruit teachers and prepare and support them during their two-year stints up north. They currently have 32 teachers getting ready to work in 13 indigenous communities this fall.

Kyle Hill, executive director at Teach for Canada, said a three-week summer enrichment program for the teachers in Thunder Bay aims to educate them about the history and culture of indigenous peoples, community values and norms, and mental health and wellness.

Northern communities have long struggled with education, often receiving teachers with

little experience or appropriate training, and dealing with issues of isolation and high drop-out rates.

To make sure the program is effective, Teach for Canada works directly with communities to ensure they get teachers that are right for them.

"We put together a database, a pool of teachers they can select from and that pool is highly qualified and pre-screened, but they do the hiring," said Hill.

He said they make sure the communities are the centre of everything, and even fly down community members to Toronto and Ottawa for 90-minute interviews with teachers they've selected.

"The community voice is always present at the table and has been a huge factor to our success. That has led to great teachers who are a good fit because they were selected by the communities," said Hill.

Blackburne was part of this process and was pleased to hear a number of teachers had already been lined up for her to interview.

"For Teach for Canada to have done the work with regards to finding the teachers, with the understanding they'll be coming into First Nations communities and working with First Nations people ... you know, that's half the battle right there."

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THE TOP 6@6
LAST NIGHT ON 101.3 VIRGIN RADIO:

6 Glenn Morrison ft Evelyn I'm The King

5 Kungs vs Cookin' On 3 Burners This Girl

4 Classified ft. Elijah Beautiful Escape

3 Britney Spears ft G-Eazy Make Me

2 DJ Khaled ft. Drake For Free

1 Major Lazer ft. Justin Bieber Cold Water

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SLUGLINE

Lilly Singh keeps soaring

Canadian YouTube star Lilly Singh has a laundry list of recent accomplishments.

This year alone, she's made Forbes' 30 Under 30 Hollywood & Entertainment list; had cameos in Bad Moms and Ice Age: Collision Course; announced a book deal; and is heading to the Rio Olympics with Coca-Cola to capture content.

One of the biggest accomplishments for the 27-year-old Toronto native, whose YouTube handle is IISuperwomanII?

"I've done a lot of really cool stuff but at the top of my accomplishment list is definitely collaborating with the Rock or just becoming friends with him," she said, referring to actor Dwayne Johnson, during an interview before Saturday's YouTube FanFest in Toronto.

"He's kind of like my mentor in certain situations."

Johnson recently appeared in a segment with Singh on her YouTube channel, which has over 9.5 million subscribers.

"I think his career should be a case study, to be honest," she



Lilly Singh walks the red carpet during the YouTube FanFest at the Molson Canadian Amphitheatre in Toronto on Saturday.

TORSTAR NEWS SERVICE

said. "He has just maintained relevancy, he's such a hard worker and he's a really nice guy."

Singh was at YouTube FanFest to perform material from her new rap video Voices, which runs nearly 11 minutes long.

She said the video is about the evolution of herself, as a person.

"It was difficult to open that part of myself, because I'm so used to being one side of myself, on camera — the goofy, silly side of Lilly that's, like, dressing up as boys and doing silly things,"

she said.

"It was difficult for me to be like, 'OK, now I need to actually tune into my cocky side that we all undeniably have, tune into that side that's scared and just really be honest and raw.'"

The video blogger and comedian — who now lives in Los Angeles and wants to do more acting — is also opening up in her upcoming book, How to Be a Bawse: A Guide to Conquering Life, due out next March.

THE CANADIAN PRESS



YOU CAN DO THIS CARPENTER

'A career I genuinely care about'

WHY I LIKE MY JOB

Chris Palmer, 34, Custom Carpenter for Hand Crafted by: Chris Palmer — Oshawa, ON

I never knew how much I loved wood until I started working with it full-time.

As a kid I was transfixed by TV shows like The New Yankee Workshop, which I think is what motivated me to enrol in Humber College's industrial design program.

There, I gained valuable skills that enabled me to design and manufacture whatever I was passionate about.

Following graduation, I was hired on by a firm that specialized in the design of store displays; however, I noticed I was spending a lot of my spare time building things for fun in my garage.

I started crafting furniture for my sister, which ultimately inspired me to launch my custom carpentry business. Truthfully, I felt so much happier chasing a career that I genuinely cared about.

Since incorporating my business, I've been able to leverage my training in 3D CAD modelling and handcrafting to provide my clients with fully functional, long-lasting items like dining tables, sheds, garage doors, decks — you name it!

My philosophy is to simply allow my creativity to flow and to never give in to roadblocks.



HOW TO START

An apprenticeship program is the typical starting point for an aspiring carpenter. Most programs provide upwards of 5,400 hours of on-the-job training, enabling apprentices to earn a paycheck while in pursuit of a formal designation. Within four years, most apprentices will be fully trained for roles in residential and commercial construction, home renovations, furniture making and more.

WHERE YOU CAN GO

Carpentry is generally viewed as a safe, recession-proof industry. For one, the ongoing need for residential renovations and repairs has secured thousands of potential projects for years to come. Many opportunities exist in specialty woodworking shops, construction firms, manufacturing plants and government agencies. Alternative career paths include piecework carpentry (for those interested in crafting and repairing tables, chairs, cabinets or other wooden items) and self-employment.

NEXT CAREER STEP

An experienced carpenter may opt to pursue the Interprovincial Standards' Red Seal designation, which authorizes professionals to work anywhere in Canada. College and university programs may also be of value to craftspeople seeking advanced roles as superintendents, site managers, project managers or safety directors.

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Data for this feature was provided by payscale.com, trade-schools.ca, onetonline.org and jobbank.gc.ca

Canadian boxer Arthur Biyarslanov hinted at a move to the pros in a Facebook post after his loss to Germany's Artem Harutyunyan



PHOTOS BY GETTY IMAGES



1 Fastest man alive — Usain Bolt of Jamaica won the men's 100 metres in a time of 9.81.

2 Golf's Rose-y return — Great Britain's Justin Rose won the first golfing gold medal at the Olympics in 112 years Sunday, beating Henrik Stenson of Sweden by two strokes.

3 Repeat champ — Andy Murray of Great Britain beat Argentina's Juan Martin Del Potro 7-5, 4-6, 6-2, 7-5 for his second consecutive gold in men's tennis singles.

4 Marathon woman — Jemima Jelagat Sumgong became the first Kenyan to win the women's Olympic marathon.

Canadian 100-metre bronze and beyond

RIO2016

De Grasse places third in showcase race, Bolt wins gold

Andre De Grasse proved once again that he can run with the best sprinters in the world.

The Canadian flew to a personal-best

time of 9.91 seconds to take the bronze medal in the men's 100-metre sprint Sunday at the Rio Olympics.

"To be able to be a part of history here in Rio is amazing. I have so much to learn from that race. I just need to work harder for next year," the 21-year-old told CBC.

De Grasse beat his bronze-medal time from

the 2015 world championships by one-hundredth of a second, trailing only the legendary Usain Bolt (9.81) and American sprinter Justin Gatlin (9.89) in a star-studded field.

Bolt, who has stated this would be his last Olympics, won gold for the third straight Games.

"He feels like I'm the next one and I'm just trying to live up to it," De Grasse said of a post-race exchange he had with Bolt.

"I feel like I'm capable of doing it."

Athletics Canada head coach Peter Eriksson said De Grasse should be the favourite at the 2020 Tokyo Olympics.

"I think so definitely," Eriksson said. "He's now on the stage

where he can be the greatest Canadian athlete ever."

The sprinter from Markham, Ont., kept Canada's medal streak alive. Canadian athletes have won at least one medal on every day of competition and sit 11th in the total medal standings with 13 (two gold, two silver, nine bronze).

He also is the first Canadian male athlete to win hardware in Rio. Canada's Olympic women claimed the country's first 12 medals.

De Grasse now shifts his focus to the 200 metres, which begins Tuesday and wraps up on Thursday night.

He will also compete in the 4x100-metre relay. The qualifying heats take place Thursday. The final is Friday night.

THE CANADIAN PRESS



Andre De Grasse
AFP/GETTY IMAGES

RIO Trips to the podium

MacLennan leads Canadian charge Friday

Rosie MacLennan etched her name in Canadian Olympic history on Friday.

MacLennan delivered an impressive mix of flips, twists and jumps in her final routine to repeat as women's individual trampoline Olympic champion, becoming the first Canadian summer athlete to successfully defend an individual Olympic title.

Also Friday, Canadian rowers Lindsay Jennerich and Patricia Obee won silver medal in the women's lightweight double sculls and swimmer Hilary Caldwell added a bronze in the women's 200-metre backstroke.



Rosie MacLennan GETTY IMAGES

Theisen-Eaton claims heptathlon bronze medal

Brianne Theisen-Eaton of Humboldt, Sask., put a tough first day of the heptathlon behind her and fought back for a bronze medal Saturday.

Earlier in the day, Canada's track cycling team defeated New Zealand to win the pursuit bronze. Kirsti Lay, Allison Beveridge, Georgia Simmerling and Jasmin Glaesser made up the team. THE CANADIAN PRESS

With Giancarlo Stanton injured, the Miami Marlins are discussing whether to reach out to recently released Alex Rodriguez.



Strong Stroman on cloud nine after taming Astros

MLB

Jays ace helped out by Martin and Tulowitzki to clinch series

Marcus Stroman continued his stretch of solid starts on Sunday afternoon, limiting the opposition to one earned run for the third time in five starts as the Blue Jays defeated the Astros 9-2.

Stroman (9-5) allowed two runs, one earned, on five hits while striking out eight. The 25-year-old has won three of his last four decisions after dropping four of his previous six.

"I've been feeling good lately," he said. "It felt like any other day, just got rolling and felt like I had pretty good action on my pitches early."

The victory moves the Blue Jays to a season-high 16 games above .500. Toronto (67-51) has now won six of their last 10 series, going 12-7 in that stretch. The Astros (61-57) have dropped consecutive games after winning four straight on the road.

Troy Tulowitzki and Martin hit back-to-back home runs in the fifth inning to blow the game open for the Blue Jays, who have now won nine of their last 13 in Toronto.

Tulowitzki put Mike Fiers' fastball into the second deck at Rogers Centre for a two-run

home run giving the Blue Jays a 4-1 lead. Martin followed it up by taking Fiers' first pitch yard for his 10th homer of the season — it marks the seventh time this season the Blue Jays have hit back-to-back home runs.

Martin's long ball knocked Fiers (8-6) from the game. The Astros starter went 4 2/3 innings allowing five earned runs on seven hits while striking out seven.

"Hit some homers. Everybody always says, 'Well there's more to it than that', but that's accurate, that's what we do best," said manager John Gibbons of the Blue Jays out-scoring the Astros 16-9 in the three-game series. "We've got guys that when they're hitting them... the key is to get some guys on base and then pop one here or there."

Martin showed off his defensive game in the seventh, leaning into the Astros dugout to grab an Alex Bregman foul ball.

"You don't get those opportunities very often," Martin said. "It was just nice that it came up in a big situation and kind of sparked the guys after — them hitting the ball hard, weathered the storm a little bit and got us back in the right direction."

Edwin Encarnacion gave the Blue Jays a 6-2 lead, hitting a solo home run off of Luke Gregerson in the seventh. The homer ties Encarnacion with Baltimore's Mark Trumbo for the Major League lead (33).



Marcus Stroman picked up his ninth win of the season as he cooled off the Houston Astros' hot bats at Rogers Centre Sunday afternoon. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto put up another three spot in the eighth, increasing its lead to seven.

Melvin Upton Jr. delivered an RBI single and later scored while Josh Donaldson was issued a bases loaded walk by Astros reliever James Hoyt.

The Blue Jays got to Fiers early, taking a 1-0 lead on Tulowitzki's RBI single in the first.

The veteran shortstop finished the day 3 for 4 with three runs batted in.

Astros shortstop Carlos Correa extended his hit streak to a career-best 10 games with a leadoff single in the second, and later scored on a Stroman throwing error tying the game 1-1.

THE CANADIAN PRESS

+ AL EAST

	W	L	PCT.	GB
Jays	67	51	.568	-
Orioles	66	51	.564	.5
Red Sox	64	52	.552	2
Yankees	60	57	.513	6.5
Rays	47	69	.405	19

THE ASSOCIATED PRESS

RIO 2016

Lochte robbed at gunpoint

The U.S. Olympic Committee says Ryan Lochte and three other American swimmers were robbed by armed men who stopped their taxi.

USOC spokesman Patrick Sandusky says Lochte and the others left the French Olympic team's hospitality house early Sunday in a taxi headed for the athletes village, hours after the last night of Olympic swimming.

He says "the taxi was stopped by individuals posing as armed police officers who demanded the athletes' money and other personal belongings."

Sandusky says the four swimmers are "safe and cooperating with authorities."

Lochte swam in two events at the Rio Games, winning gold in the 4x200-meter free-style relay.

Lochte and three other American swimmers were robbed at gunpoint early Sunday by thieves posing as police officers who pulled over their taxi and took cash and credit cards.

Nobody was hurt, but Lochte told NBA's "Today" show that one of the robbers put a cocked gun to his head and ordered him to get on the ground.

Street crime is among the litany of problems the Olympics has struggled with. Brazil deployed 85,000 soldiers and police to secure the first games in South America.

But last week a Brazilian security officer was fatally shot after taking a wrong turn into a slum, two Australian rowing coaches were attacked and robbed in Ipanema and Portugal's education minister was held up at knifepoint on a busy street.

In addition, stray bullets have twice landed in the equestrian venue, and two windows were shattered on a bus carrying journalists in an attack that local organizers blamed on rocks and others claimed was gunfire.

THE ASSOCIATED PRESS



Ryan Lochte
GETTY IMAGES

EPL

Pool claim a classic as Zlatan settles in

A rampant Liverpool came from behind to beat Arsenal 4-3, while Manchester United began its new era under Jose Mourinho with a 3-1 win at Bournemouth in their opening games of the English Premier League season on Sunday.

Theo Walcott put Arsenal ahead at Emirates Stadium, but his side was soon overwhelmed after Liverpool levelled through Philippe Coutinho on the stroke of halftime and then raced into a 4-1 lead

after the break. Classy goals by Adam Lallana, Coutinho and Sadio Mane put the Reds in control before Alex Oxlade-Chamberlain and Calum Chambers scored to give Arsenal hope, in vain.

Mourinho's first league game in charge of United was a comfortable affair and included a fine goal by Zlatan Ibrahimovic on his EPL debut. Juan Mata and captain Wayne Rooney scored United's other goals.

THE ASSOCIATED PRESS

IN BRIEF

Panthers shuffle staff

Carolina Panthers special teams co-ordinator Bruce DeHaven has decided to step down from his position and move into an advisory role with the team while continuing his battle with prostate cancer.

The team announced Sunday that Thomas McGaughey has been promoted to special teams co-ordinator and Chase Blackburn to special teams assistant.

THE ASSOCIATED PRESS

MLB

Betts belts three as Sox see off Greinke

Mookie Betts hit three home runs and drove in a career-best eight runs and Dustin Pedroia collected five hits to power the Boston Red Sox to a 16-2 rout of the Arizona Diamondbacks on Sunday.

Rick Porcello became the first Red Sox pitcher in 70 years to open a season 12-0 at Fenway Park, improving his overall record to 16-3 as Boston completed a three-game sweep of Arizona.

Betts had two chances to hit

a fourth homer, but lined out to right and then grounded out in the eighth inning. The crowd chanted 'Let's Go Mookie!' before his final at-bat.

Outfielder Jackie Bradley Jr. chipped in with a two-run homer for the Red Sox, who closed a six-game homestand at 4-2.

Diamondbacks' staff ace Zack Greinke (11-4) was tagged for three homers and nine runs in 1 2/3 innings.

THE ASSOCIATED PRESS

RECIPE Leek and Artichoke Frittata



PHOTO: MARY VISHNEI

**Ceri Marsh &
Laura Keogh**
For Metro Canada

Start your week off right with this light but creamy frittata. Leeks and artichokes give it gorgeous colour and delicious texture.

Ready in 20 minutes

Prep time: 5 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) of artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

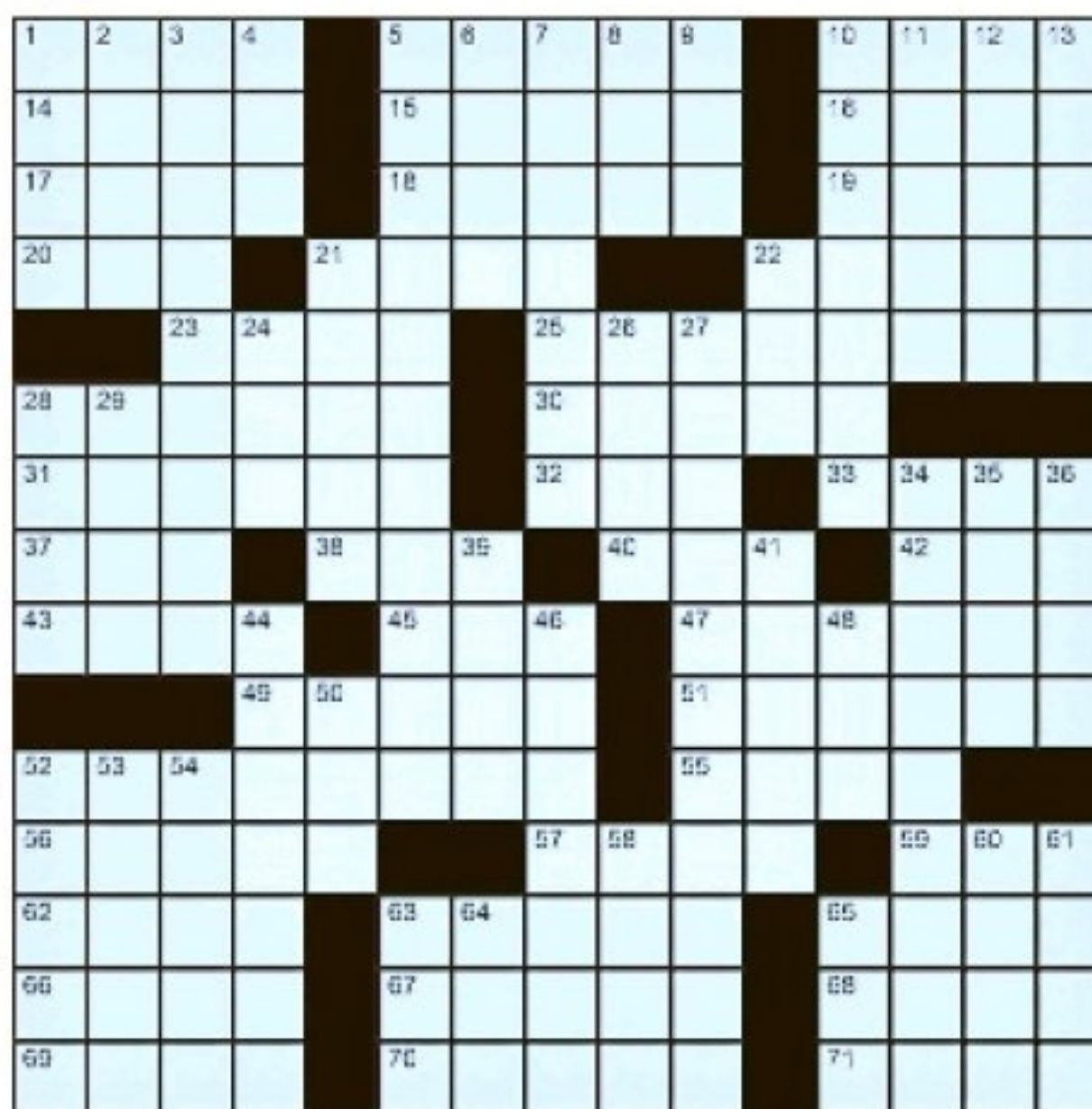
Directions

1. Preheat the oven to 350 F.
2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.
4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. RIO 2016: Olympic sport
5. Pesto ingredient
10. 1700, fancy-style
14. Snake, for one
15. 1st Greek letter
16. Spoken
17. Sulk
18. Pre-euro monies
19. Canadian hardware store
20. Chemical suffix
21. L.A.'s state
22. Ransacks
23. Watered down
25. RIO 2016: Pool prop, sometimes: 2 wds.
28. RIO 2016: 1976 Summer Olympics location... Montreal, _
30. Theme
31. Not hurting, say
32. College campus gr.
33. Philharmonic gr.
37. Perform
38. Camel hair cloth
40. That fellow
42. Goth rocker's music
43. Heave
45. And so on [abbr.]
47. Maidens of ancient myth
49. RIO 2016: ITA is its IOC country code
51. RIO 2016: Ancient Olympics land
52. RIO 2016: _ Gymnastics
55. Pear variety
56. Poetic feet
57. Diving bird
59. W5 extra
62. One of Andy Warhol's Superstars

63. RIO 2016: Olympics land in 2008
65. Carrot dessert
66. Pate de foie...quoi?
67. Skincare product
68. Monster
69. Leaky balloon sounds

70. Unyielding
71. Tide type

DOWN

1. Early-'80s hit: "She's a Bad Mama _"
2. Stratford- _Avon
3. RIO 2016: They're randomly conducted to ensure athletes are

- 'clean': 2 wds.
4. Lyric poem
5. RIO 2016: Gymnastics apparatus: 2 wds.
6. 50 Cent's "Just _ Bit"
7. RIO 2016: Quick race events
8. Smashing Pumpkins

- co-founder James
9. _ Vegas
10. RIO 2016: IOC country where Casablanca is
11. Dribble
12. "Why _?" (Permission-pleader's query)
13. Necklace part
21. Cutlass _ (Oldsmo-

- bible model, formerly)
22. Flowery necklace
24. TV network
26. "Woow!"
27. RIO 2016: Diving event
28. Li'l boggy spot
29. Donald Duck, to his nephews
34. RIO 2016: Chance for runners-up to continue to the next round in some sports
35. Crown corporation, e.g.
36. Stockings
39. Mythical Hun king
41. RIO 2016: The Discus Thrower sculptor of ancient Athens
44. Animal Planet rescue dogs show: 2 wds.
46. RIO 2016: 'Men's Omnium Points Race 6\6' is an event in what sport?
48. Not you
50. Ordinal suffixes
52. RIO 2016: Men's gymnastics apparatus
53. Whiskers
54. Lettered gyms
58. R.E.M.'s "The _ Love"
60. Pod vegetable
61. Cry
63. Midpoint [abbr.]
64. _ polloi
65. Defraud

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is full of unusual, fun-filled possibilities! Unexpected invitations to social or sports events are likely. Romance and children could be sources of surprise.

Taurus April 21 - May 21
Something pleasant and unexpected will affect your home and family today. An impromptu gathering might take place. You might hear surprise news related to real estate.

Gemini May 22 - June 21
Road trips are just one reason you will see new places and meet new faces today. It's not a boring day! Stay light on your feet so that you can go with the flow.

Cancer June 22 - July 23
Keep an eye on your money and wealth today. You might find money; you might lose money. Protect what you own from loss or theft. A moneymaking idea might take off!

Leo July 24 - Aug. 23
This is an exciting day for Leos! Whatever happens, it is fresh, novel and different! You have a heightened perception of the world around you. Discussions will be frank.

Virgo Aug. 24 - Sept. 23
This is an exciting day for you. However, the source of your excitement is private or behind the scenes. Write down some of your clever ideas.

Libra Sept. 24 - Oct. 23
You will meet interesting people today. This could be because of a group involvement, the introduction of a friend or because you might be traveling. You love the stimulation.

Scorpio Oct. 24 - Nov. 22
Interactions with authority figures might surprise you today. Someone might do something you'd least expect; however, it will please you. (One hopes.)

Sagittarius Nov. 23 - Dec. 21
Sudden opportunities to travel will materialize today. (Again?) Likewise, chances to take a course or to get further training will excite you. You're going places!

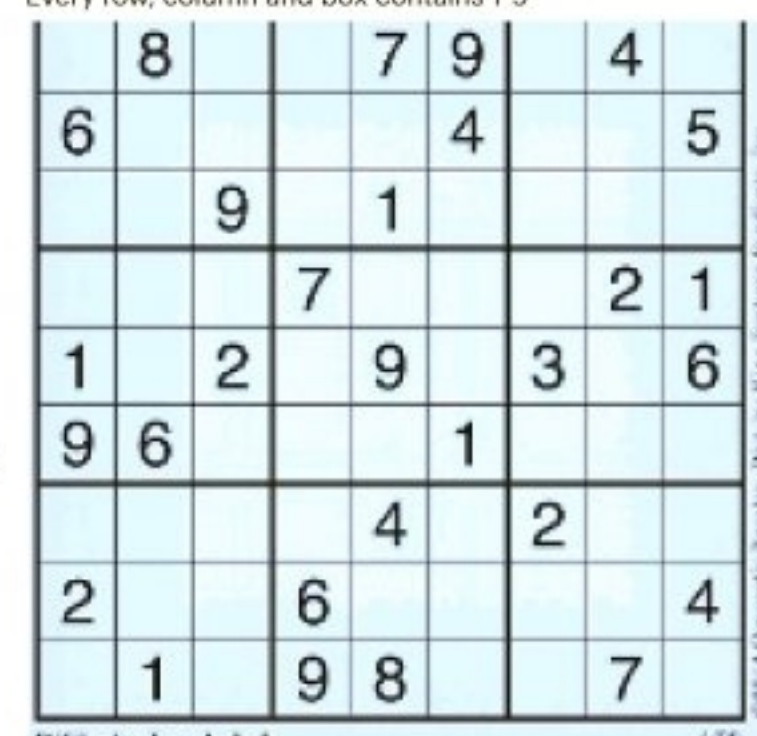
Capricorn Dec. 22 - Jan. 20
Stay in touch with bank details regarding shared property, taxes, insurance matters and inheritances, because something unexpected will occur.

Aquarius Jan. 21 - Feb. 19
A friend or partner will surprise you by doing or saying something unexpected today. But the surprise might delight you. Something will make you feel liberated and younger!

Pisces Feb. 20 - March 20
Opportunities for advancement exist at work today. Some of you will encounter new technology; others will meet new friends and co-workers. This is an exciting day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★

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